

Senedd Cymru / Welsh Parliament

Pwyllgor Diwylliant, y Gymraeg a Chyfathrebu / Culture, Welsh Language and Communications Committee

Ymchwiliad i'r achosion o COVID-19 ac effaith y feirws ar ddiwylliant, y diwydiannau creadigol, treftadaeth, cyfathrebu a chwaraeon / Inquiry into the COVID-19 outbreak and its impact on culture, creative industries, heritage, communications and sport

CWLC COV70

Ymateb gan unigolyn / Response from an individual

Good morning,

My name is Richard Thomas and I am a personal trainer at Daleon Fitness, Merthyr Tydfil.

COVID-19 has brought a new challenge to many, especially ourselves within the health and fitness sector.

The one thing that keeps people happy, healthy and mentally stable has been taken away.

I have seen first hand the benefits of regular training, without it I think many cases of covid may have been worse as many would of been physically fitter to fight the infection.

We have managed with live workouts and online training which has been a new platform for myself.

I have had to adapt my business and finally come up with something to reach put and suit many.

Although, this isn't for everyone so is causing many issues.

But many members have cancelled membership which we are hoping wont have long lasting effects.

I have had to refund some personal training plans. Answering complaints, which are out of our control as we await for further updates.

I think the communication and plan for the fitness/ leisure sector has been poor. As we still have no idea or answer for many of our clients that are asking for essential updates as they are reaching out for help.

The support of funding from the government has been a good help but unsure of the full impact this has had on our business until we reopen.

So to speak, the longer it goes on the more at risk we are with further cancellations, further outgoings, further issues.

It is a very troubled time.

The issue I have is with surrounding business e.g retail, beauty, pubs etc reopening.

How can gyms not reopen on smaller scale or 1:1 / 2:1 strict rules.

Thanks for your support,

Richard Thomas

(Richard Thomas Personal Training- RTPT)